

Keep a current list of every medication you are taking:

- Prescriptions
- Over-the-counter medicines
- Dietary supplements such as vitamins and herbals

Make sure ALL your doctors know what you are taking by bringing your medication list to every appointment. Give them a copy of your list. If necessary, bring your medications with you so your doctor(s) can see them.

Allergies & Reactions:

(include medication and food allergies)

Stay informed, involved and safe by asking questions about your medications:

1. What is this medicine and why am I taking it?
2. Should I stop taking my other medicines?
3. Do I need to take it all or should I stop when I feel better?
4. Are there any tests I need to take while I'm on this medicine?
5. When should I expect the medicine to start working?
6. Are there foods, drinks, other medications or activities to avoid while I take this medicine?
7. What are the side effects?

My Primary Physician:

Name: _____

City: _____

Phone: _____

My Primary Pharmacy:

Name: _____

City: _____

Phone: _____

My Emergency Contact:

Name: _____

Phone: _____

MY MEDICATION LIST

Name

Birth Date

Phone



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Medication	Dose	How Often	Reason Taking Medication	Prescribing Doctor

More space available on next page.

